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WORLD CUP ACTION: ALGERIA OUTFOXES SOUTH KOREA, BELGIUM BEATS RUSSIA AND PORTUGAL DRAWS U.S. 2-2 WITH HEADER IN THE FINAL SECONDS

Heartbreaking blaze at Bissel Centre

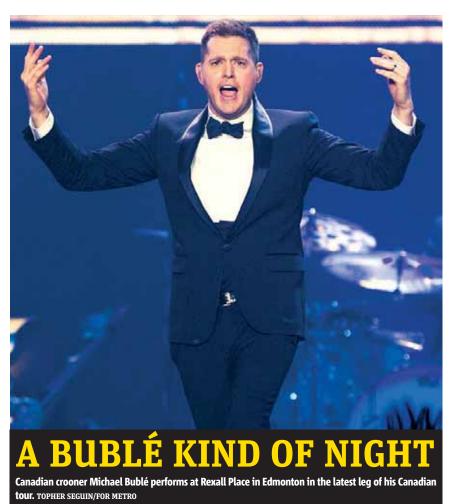
Second time shop caught fire in under a year PAGE 3



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Users say feds blowing smoke with new system

Going to pot? Medical marijuana consumers complaining about Health Canada's attempt to criminalize home grows



JEREMY NOLAIS Metro in Calgary

Few suppliers and a lack of willing doctors are among the concerns being raised by Alberta medical marijuana users testing a new federal system for supplying the drug.

ing the drug.

Health Canada aimed to criminalize home marijuana grows by April 1, but a court injunction has prevented such measures from being fully implemented for the time being.

Edmontonian William Carl-

son had trashed his plants in advance of the coming legal change, but when the injunction came in, he decided to start another crop.

He said he hasn't gone to a licensed producer in the federal government's new system, because he's heard nothing but horror stories.

"A lot of people are having problems because they signed up with a licensed producer and the licensed producer has no medicine for them," he said.

Carlson said if the court injunction is lifted and he's forced to dismantle his grow room permanently, he won't be able to take the drug.

"I wouldn't be able to afford to do it any more," he said.

Twenty-year-old Calgary resident Bob, whom Metro agreed not to formally identify, orders eight to nine grams per month from Vancouver-based supplier

Med Pot Now and then buys an additional supply off the street. He suffered a stroke last Sep-

He suffered a stroke last September and spent 10 months just trying to find a doctor that would approve a marijuana prescription. "They were prescribing me OxyContin, Percocet and all these other drugs so quick," he said. "Then, when it comes to marijuana, they're all beating around the bush."

The Alberta Law Enforcement Response Teams have supported the move away from home marijuana growing, citing public safety. But Staff Sgt. Keith Hurley said while Canada hasn't legalized the drug, he fears federal law changes could create a similar scenario to one being seen in Colorado. As pot tourists flood into the state, the general consensus is that many illegal dealers are reaping the profits.

WITH FILES FROM RYAN TUMILTY









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Monday, June 23, 2014

NEWS
03

Policy changes

Consent must be in curriculum: Sex-ed advocate

Edmonton advocates for sexual education said they plan on lobbying the province for medically accurate, LGBT-inclusive and consent-based curriculum after the city's public school board passed a new wellness policy.

Policy.
While Cristina Stasia,
a University of Alberta
Gender Studies professor
and president of Accessing
Information not Myths
(AIM), said the board
did make some positive
changes in their new policy
Tuesday, there's still more
to be done to improve
sexual education in the city
and province.

"Nowhere in the policy is there any requirement or encouragement that students receive information about the meaning and parameters about consent," said Stasia.

"Teaching kids about sex and not teaching them about consent is like teaching driver's training without teaching the rules of the road."

Stasia said AIM plans on taking their concerns to the province in hopes of developing a more medicallyaccurate course material.

Stephanie Laskoski, an Edmonton lawyer with a daughter attending an EPSB school, said parents and advocates alike are concerned with the school board including faith-based organizations, like the Pregnancy Care Centre, to sexual education in schools.

"There are other organizations that teach it in a very fact-based, medically sound way," she said.

LEAH GERMAIN/METRO



'Devastating' fire hits Bissell Centre

Second fire in less than a year. Thrift store's temporary location burns to the ground



RYAN TUMILTY

The Bissell Centre is looking to recover once again after fire tore through the charity's thrift store

Fire broke out at the centre's temporary shop on 118 Avenue near 80 Street, which had been in operation while the centre's other store was repaired from another fire last fall.

In a statement posted Sunday, the Bissell Centre's CEO Mark Holmgren said having one blaze after another was heartbreaking. "We are devastated to ex-

"We are devastated to experience such a disaster after our permanent store location experienced a terrible fire in September 2013," he said.

Devin Komarniski, a spokesperson for the centre, said the store employed 13 people and the centre will have to do its best to ensure they can find other places to work. The three employees in the building at the time all got out safely.

He said the store also served as the organization's sorting centre, where items were collected for sale, as well as for the homeless. Komarniski said for now, Bissell is asking for people to hold on to any donations they might want to make.

He said he hoped to have a better idea of the centre's plans by Monday afternoon.

At the scene on Sunday, several of the walls, as well as the entire roof, were gone and there were heaps of badly damaged clothes still visible.

Karen Burgess, a spokesperson for Edmonton Fire Rescue Services, said that when firefighters arrived around 6 p.m. Saturday, they found the building totally engulfed.

"When they arrived the crew saw that the building was

Fire cal

The fire briefly forced the evacuation of residents in an adjacent apartment building, but they were allowed to return to their homes around 11 p.m.

fully involved with flames coming out of the northwest windows and it was upgraded to a second alarm," she said.

That second alarm brought a total of 50 firefighters to the job. Burgess said fire officials have not yet determined a cause, but they believe the damage was in excess of \$950,000.



metr⊕ **NEWS**

Education. Province aims to address parent concerns over math curriculum

Alberta's education minister says wording in the provincial math curriculum will be altered over the summer to address concerns of parents who rallied on the steps of the legislature earlier this year.

The primary concern among the parents, led by small-town physician Nhung Tran-Davies, was a push towards "discovery — that is, teachers are to provide students with a variety of strategies to solve math problems rather than having them memorize basic rules as well as tried-and-true methods for solving problems.

But Minister Jeff Johnson said the curriculum will be amended in time for the fall semester to make it "explicit" that memorization of the mathematics times tables is still expected and that instructors can teach the strategies for solving equations they believe are best suited to the student.



The changes were deemed a "step forward" by Tran-Davies. After witnessing her daughter Kenya become disillusioned with the way math was being taught to her, she drafted a petition that was signed by thousands and led a rally calling for change. Tran-Davies said Sunday she appreciated the changes, but said noted she wants to see talk of "standard algorithms" added to more than the curriculum's introduction. JEREMY NOLAIS/METRO IN CALGARY

South Edmonton

Cops investigating suspicious death

Police are investigating a suspicious death after a man was found dead Sunday in south Edmonton.

Officers were called just before 10:30 a.m. on the report of a man who had been found dead in a residence near 91 Street and 83 Avenue.

Homicide investigators are now involved, but no autopsy has been scheduled at this time. Anyone with any information is asked to contact police at 780-423-4567 or Crime Stoppers at 1-800-222-8477. метко

Jasper Avenue

Downtown stabbing sends man to hospital

One man is in hospital and another is in jail following a stabbing near a downtown pub early Sunday morning.

Staff Sgt. Sid Kingma said police were called about 2:20 a.m. to the Druid on Jasper Avenue, where they found a 27-year-old man stabbed.

The man was rushed to hospital, but his injuries are considered non-life threatening. The suspect was being held Sunday, awaiting the laying of formal charges and a bail hearing. METRO



Crisis team seeing results of mental-health intervention

New approach.

Mental-health worker accompanies police officer on difficult calls



TUMILTY

The Edmonton Police and Crisis Team believe they are reducing the revolving door of mental-health patients and assisting them with getting real help instead.

Const. Anita Vallee works alongside psychiatric nurse Megan Antymis as one of

Dealing with mental illness

"We know that they didn't get the help that they needed."

Const. Anita Vallee with the Police and Crisis Team, talking about some of the challenges

four teams that work to provide support to front-line officers.

Vallee, who spent years on patrol herself, said too often, officers apprehended people for mental-health concerns, only to see them quickly return to the streets.

"We see them the next day out on the street and it's frustrating because we know that they didn't get

the help that they needed,' she said.

Vallee presented to the Edmonton Police Commission last week to highlight the work the teams are doing. Vallee said the work can be a lot more time consuming, but the people they apprehend usually get more help dealing with their problems.

Antymis said they usually

start the day sifting through about 50 files from other officers and finding the most important ones.

"We triage all of those calls like you would in an emergency room," Antymis

She said they can't say specify how many fewer calls police get in the long run because of this program, but they know they are help-

ing people.
"We deal with people who police have repeat calls on all the time," she said. "We get them set up with the supports in the community that they need, so they stop calling police."



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metr⊕ **NEWS**

Wrongful death claims. Families of two armoured car guards file lawsuits

The families of two armoured car guards who were shot and killed by a co-worker at the University of Alberta campus in Edmonton have filed lawsuits.

The wrongful death claims name convicted killer Travis Baumgartner and G4S Cash Solutions, the company the guards were working for.

Eddie Rejano and Brian Ilesic were killed on June 15, 2012, while they were servicing an ATM machine at the university's HUB mall.

The lawsuits allege that G4S "knew or ought to have known or was wilfully blind in know-

Flood fears

River levels decline after week of rain

Alberta Environment reported Sunday that river levels, by and large, were on the decline in the southern half of the province, as flood fears eased in many areas and Guilty pleas

Baumgartner pleaded guilty last September to one count of first-degree murder, two counts of second-degree murder and one count of attempted murder.

ing that the defendant Baumgartner was capable of and did perpetrate a theft, robbery and wrongful death."

A third guard was also killed and a fourth seriously injured. THE CANADIAN PRESS

cleanup efforts continued in those communities left partially submerged last week.

High streamflow advisories did remain in effect for the Elbow River, Fish Creek, Highwood River, Sheep River, Milk River, Castle River, Oldman River upstream of Oldman Dam and the Bow River downstream of Calgary. **METRO**

Hawrelak Park goes to the dogs for charity



an agility demonstration at the Pets in the Pa

Edmonton Humane.

Shelter hopes to break records at annual fundraiser for operational needs



TUMILTY

Hawrelak Park truly went to the dogs on Sunday as fourlegged friends of all varieties came down for the Edmonton Humane Society's Pets in the Park event.

The annual event is both a run and walk for charity and an opportunity to showcase all of the services that the society offers.

Špokesperson Warren Dean said the society continues to surpass its targets each year.

'We had over 500 people for the walk this year so it's

Hawrelak Park is normally closed to dogs.

bigger than ever," he said.

Dean said they're hopeful that amount will lead to more than \$150,000 in donations, which are important for the shelter's continuing operations.

"We have over 13,000 animals that come through our doors every year," he said. "Their food, their shelter, all of that takes a lot of money, so this is a fundraising event to help with those needs.'

Dean said with so many pet lovers in one place, the society takes the opportunity to show off their training classes and other programs.

"It's a great way to not only feature everything that have, but to educate people, as well.'



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Verdict Monday?

Cairo. Egyptian-Canadian journalist and two colleagues will soon learn their fate in terror-related trial

For nearly six months Mohamed Fahmy has been cooped up in a Čairo prison cell on charges he has repeatedly denounced as ridiculous.

After a trial, which has drawn the attention of media organizations and human rights advocates around the world, the 40-year-old Egyptian-Canadian journalist and his two colleagues are expected to learn on Monday whether they'll be found guilty or set free.

"He feels that hopefully we will prevail at the end," Fahmy's brother, Adel Fahmy, told The Canadian Press.

'He's a very strong person . but I have to say that over the past few visits he has become very easily frustrated, very agitated and very anxious.'

Mohamed Fahmy and his co-workers tralian Peter Greste and Egyptian Baher Mohamed were employed with Qatar-based satellite news broadcaster Al-Jazeera English when they were arrested on Dec. 29.

initially

placed in a high-security prison where he was forced to sleep on the concrete floor of a dank, insect-ridden cell. pressure from Canadian officials, he consular more moved to hospitable quarters in a lower-security facility, where he has shared a cell with his two colleagues ever since.

The three journalists have been accused of providing a platform for the Islamist Muslim Brotherhood group of ousted president Mohammed Morsi, which Egypt's government has branded a terrorist organization.

In addition, they've been accused of airing falsified footage with the intent of damaging Egypt's national security. The trio have decried the charges and have continually said they were only doing their jobs.

They're being tried alongside 17 others, including

What will happen next?

Family involvement: If Monday's verdict goes against Fahmy, his family is prepared to take the case to an appeal court — a process his brother said wouldn't get started for at least six months. Another option being considered is a request for a presidential pardon.

six other Al-Jazeera staffers being tried in absentia and a number of students who have been lumped into the same case.

Fahmy, who covered stories for the New York Times and CNN before working for Al-Jazeera, has been the most outspoken over the course of the trial.

THE CANADIAN PRESS



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Retaliation. Israel hits Syria with airstrikes

Israeli warplanes bombed a series of targets inside Syria early Monday, the Israeli military said, in response to a cross-border attack that killed an Israeli teenager the previous day.

In all, Israel said it struck

"Yesterday's attack was an unprovoked act of aggression against Israel, and a direct continuation to recent attacks that occurred in the area."

Lt. Col. Parker., Israeli military spokesman

nine military targets inside Syria, and "direct hits were confirmed." The targets were located near the site of Sunday's violence in the Golan Heights and included a regional military command centre and unspecified "launching positions." There was no immediate response from Syria.

In Sunday's attack, an civilian vehicle was by forces in Syria as it drove in the Israelicontrolled Golan Heights. A teenage boy was killed and two other people were wounded in the first deadly incident along the volatile Israeli-Syrian front since Syria's civil war erupted more than three years

The Israeli vehicle was delivering water as it was doing contract work for Israel's Defence Ministry when it was struck.

The sudden burst of violence has added to the tense situation in Israel, where forces have spent the past week and a half in a broad ground operation in the West Bank in search of three teenage boys believed to have been abducted by Hamas militants. THE ASSOCIATED PRESS



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Quebec helicopter fugitives caught in posh Montreal waterfront condo

'We've got all three.'

Police say more arrests likely as investigation looks into possible outside accomplices

The three men who police say escaped from a Quebec City-area jail by helicopter two weeks ago were captured in the early morning hours on Sunday in an upscale Montreal condo.

Quebec provincial police say investigators, accompanied by SWAT team members, arrested Yves Denis, 35, Denis Lefebvre, 53, and Serge Pomerleau, 49, at around 1:30 a.m. inside the residence.

Sgt. Audrey-Anne Bilodeau said the investigation was ongoing and further arrests were likely.

"It could be a person who



helped them escape from prison, or a person who helped them hide from us," Bilodeau said.

The trio were facing char-

ges, including gangsterism and murder, before the June 7 jailbreak.

They were to appear in a Quebec City court on Monday to face fresh charges, but police didn't spell out what the new charges would be

A woman who lives in the



These images provided by Interpol show, from left, Yves Denis, 35, Serge Pomerleau, 49, and Denis Lefebvre, 53. The three inmates, who escaped a jail near Quebec City by helicopter on June 7, were arrested Sunday at a condo in Montreal. INTERPOL/THE ASSOCIATED PRESS

building where the arrests took place said she watched from her balcony as the men were escorted in handcuffs into a police van.

France, who gave only her first name, had recently returned from a tango class when she heard a commotion.

"I knew something important was happening," she

said. "I saw a police car arrive, then another, and then another ... And then I heard someone say, 'No, it's not a joke. We've got all three."

The condo was part of a ritzy new development in Old Montreal featuring a fountain courtyard, just steps from the historic waterfront.

THE CANADIAN PRESS

Dean Del Mastro. MP set to stand trial on charges of voter fraud in Ontario

A Member of Parliament once tasked with defending the Harper Conservatives against voter fraud allegations goes on trial Monday, accused of overspending during the 2008 federal election campaign.

Former Conservative Dean Del Mastro pleaded not guilty last month to charges under the Canada Elections Act.

Del Mastro, who now sits

in the House of Commons as an independent MP and insists he did nothing wrong, is also charged with failing to report a personal contribution of \$21,000 to his own campaign.

The trial, before an Ontario provincial court judge in Peterborough, is currently scheduled to last a little more than two weeks.

THE CANADIAN PRESS

Nearly 2,000 Justice staff duped into clicking mock phishing link

Many of the Justice Department's finest legal minds are falling prey to a garden-variety Internet scam.

An internal survey shows almost 2,000 staff were conned into clicking on a phoney "phishing" link in their email, raising questions about the security of sensitive information.

The department launched the mock scam in December as a security exercise, sending emails to 5,000 employees to test their ability to recognize cyberfraud.

The emails looked like genuine communications from government or financial institutions, and contained a link to a fake website that was also made to look like the real thing.

Across the globe, an estimated 156 million of these socalled "phishing" emails are sent daily, and anyone duped into clicking on the embedded web link risks transferring confidential information — such as online banking passwords — to criminals. The Justice Department's mock exercise caught 1,850 people clicking on the phoney embedded links, or 37 per cent of everyone who received the emails.

That's a much higher rate than for the general population, which a federal website says is only about five per cent. The CANADIAN PRESS



Uganda's drumming amber alerts save children from ritual killings

Crimes against children. At least 729
children abducted in
2013 across Uganda,
police report says

When a child goes missing in the central Ugandan district of Buikwe, villagers beat drums into a pulsing rhythm that sends rescuers scampering through bushes. Others, riding motorcycles, try to block exit routes.

In response to the kidnappings and ritual killings of children, the traumatized community has created a rudimentary but effective abduction alert system that has saved at least two children so far this year.

Although the problem of children being killed as human sacrifices is reported in several parts of Uganda,



In this photo taken on June 18, village elders in Kampala, Uganda, stand among the rubble of a house demolished be the community two weeks previously in a search for a six-year-old girl who disappeared. The homeowner had fled with his family after becoming the main suspect in a case of child sacrifice. REBECCA VASSIE/THE ASSOCIATED PRESS

Buikwe has gained notoriety recently as the country's witchcraft capital. One in three households here keeps

a shrine — a thatched hut in which so-called witch doctors

can be consulted: a frightening statistic that explains the prevalence of superstitious practices that threaten the lives of many children and even adults.

Some traditional healers use body parts to make potions for success in business and love, or to cure people of ailments.

Eight children have been abducted and ritualistically killed in Buikwe this year, their mutilated bodies dumped in bushes and sugarcane plantations, according to local officials.

The village alert system is the best model to stop the abduction of children without actively stigmatizing traditional healers, some of whom are not involved in the killings, said Obed Byamugisha, of the aid group World Vision, who is working with local officials to stop the killings. THE ASSOCIATED PRESS

Witch doctors

Boys face greater risk

Children hiking through bushes to and from school in Buikwe, Uganda, are at serious risk in rural areas.

Boys are more vulnerable to attacks because, unlike girls, their ears are not pierced. For the most severe ailments or problems, witch doctors are said to demand the body parts of children without skin blemishes, scars or piercings, according to civic leaders.

Yet even girls wearing earrings have been taken and killed in recent times, rendering a previously protective measure unreliable. THE ASSOCIATED PRESS



metroews.ca
Monday, June 23, 2014

Ontario twister testing residents' resolve

Angus. Small community north of Toronto on mend even though scene still looks like massive construction site

Inspections of homes damaged by a tornado that ripped through a central Ontario community were expected to be completed on Sunday as volunteer hydro workers lent a hand to patch holes in battered houses.

Ontario Provincial Police Const. Kelly Daniels said teams of building inspectors and engineers have finished checking 80 of the 101 residences affected when the twister struck Angus, in Essa Township, some 100 kilometres north of Toronto. Tuesday's twister touched down in the early evening and left three people with minor injuries.

Sunday afternoon, 14 homes were so badly ON NOW AT YOUR ALBERTA CHEVROLET DEALERS. Albertachevrolet.com 1-800-6M-DRIVE. Chevrolet is a brand of General Motors of Canada. Offers apply to the purchase or lease of a 2014 Chrowing Espiration, administration fees, PPSA and taxes not included, baslers are free to set individual prices. Limited time offers which may not be combined with other offers, and are subject to change without notice. Offers apply to qualified retail customers in Alberta Chevrolet Dealer Marketing Association area only, Dealer trade and are subject to change without notice. Offers available to retail customers in Change without notice. Offers apply to qualified retail customers in Change without notice. The Change without notice. Offers available to retail customers in Change being the Change without notice. The Change without notice. Offers available to retail customers in Change being a change and controlled of the change without notice. 2014 and June 30, 2014 Applies to new 2014 Chevrolet models, 2015 Chevrolet Silverador Hill Polymore. The change and the Change with ming at movable property registration, dealer administration registeration registeration registeration and sease ARR available for 48 months on a rank or demonstrator 2014 Chevrolet Equinox, 0.A.C. by Mr India Kinderder Inflict of 20,000 km, 30.16 per excess kilometre. Down payment or trade and/or security deposit may be required, Monthly payments may vary depending on down payments. Site 20,000 km, 30.16 per excess kilometre. Down payment or trade and/or security deposit may be required. Monthly payments may vary depending on down 20,000 km, 30.16 per excess kilometre. Down payment or trade and/or security deposit may be required. Monthly payments and yeary depending on down 20,000 km, 30.16 per excess kilometre. Down payment or trade and/or security deposit may be required. Monthly payments to stand the controlled or select models. Algority of the cash purchase offers, and is applicable to retail customers and sease offers, and is applicable to retail customers offer damaged that they've been

slated for demolition, Daniels said.

"All the other homes remain in varying stages, whether it's just a few shingles missing to reconstructing a wall or a roof."

Daniels said the community is on the mend, with the scene currently resembling a huge job site, with trucks and large garbage bins lining the roads.

"It's like a super large construction zone, really. That's what we're looking at — one large work zone." move on with their lives. A lot of them are getting back into their homes and working with hydro staff to get the power back on.

"Âll the residents — of course it's a very emotional time for them — but with the outpouring from the community of people donating items, food, nonperishables and then of course hearing about people volunteering their days on a weekend, it's hard for them to be upset when all that's coming together for them,"

A twister, a twister

"People are starting to move on with their lives. A lot of them are getting back into their homes and working with hydro staff to get the power back on."

Ontario Provincial Police Const. Kelly Daniels

She said things have improved to the point where daily meetings between officials and residents have been called off. Daniels added the state of emergency imposed on the area could be lifted within days.

"People are starting to

she said.

Efforts to mend damaged roofs were helped out by squads of Hydro One workers who offered to help on their day off.

Hydro One spokeswoman Marylena Stea said a few dozen of the utility's work-



ers — mainly line maintainers — arrived in eight bucket trucks to install tarps on about three dozen of the damaged homes. Their assistance comes in addition

to crews working to reattach homes to the power grid.

"We'll keep going until the work is done," she said, adding the roof repairs were expected to be a one-day job. A preliminary estimate by Environment Canada suggested the tornado that struck Angus had estimated wind speeds near 180 km/h. THE CANADIAN PRESS





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Beijing blasts Hong Kong over unofficial vote on democracy

Showdown. Vote sets stage for mass protests that could shut down city's financial district

Tens of thousands of Hong Kongers lined up to vote Sunday, joining hundreds of thousands of others who cast electronic ballots in the first three days of an unofficial referendum on democratic reform that Beijing has blasted

200,000 ballots About were cast online despite a massive cyberattack that left the site intermittently inaccessible and forced organizers to extend voting by a week until June 29.

Tensions have soared over how much say residents of the former British colony can have in choosing their next

leader, who's currently handpicked by a committee of mostly pro-Beijing elites.

Pro-democratic organizers of the Occupy Central with Love and Peace movement have vowed to hold a mass protest, including shutting down the central business district, if the former British colony's government doesn't come up with a proposal that meets their standards.

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Albuquerque protesters put police chief 'on trial' over shootings

Demonstrators advocating for drastic changes within a police agency criticized by the U.S. Justice Department over its use of force put the embattled police chief "on trial" during a rally Satur-

Hundreds of protesters, including some who brought children, marched from Roosevelt Park with signs and a makeshift coffin inscribed with the names of people killed by Albuquerque officers in recent years.

The police department is under scrutiny for more than 40 police shootings — 26 of them fatal — since

2010, and the Justice Department has issued a harsh report over the agency's use of

The protesters marched peacefully Saturday before returning to the park to continue the rally.

The mock trial outlined how police Chief Gorden Eden has failed to stop his officers from using excessive force, said David Correia, one of the protest's organizers.

"He has to answer to these charges," Correia said. "They'll all be read before the public.



Putin says Ukraine

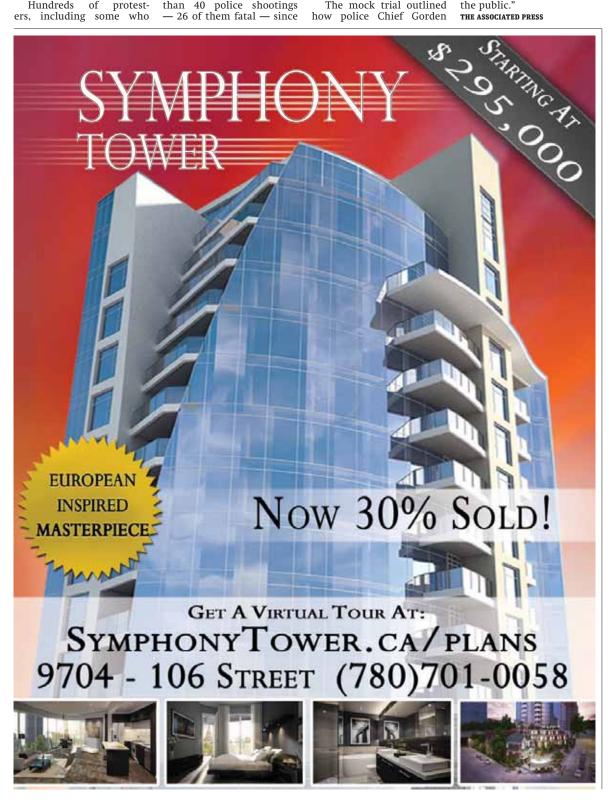
Insurgency. Moscow has rebuffed appeals of separatists in the east to join Russia

Russian President Vladimir Putin publicly expressed support Sunday for Ukraine's declaration of a ceasefire in its battle against pro-Russian separatists and called on both sides to negotiate a compromise.

Putin said such a com-

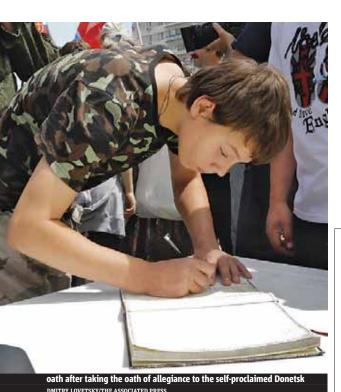
promise must guarantee the rights of the Russianspeaking residents of eastern Úkraine, who must feel like they are "an integral part" of their own country. Putin's statement appeared to signal that he sees their future in Ukraine.

Separatists in the eastern Donetsk and Luhansk regions have declared independence and asked to join Russia. Moscow has rebuffed their appeals, but is seen by Ukraine and the West as actively supporting





A Kurdish security officer covers his face after seeing decomposing bodies in



time for diplomacy

the insurgency. Putin's conciliatory words came as Russia began large-scale military exercises and after NATO accused Russia of moving troops back toward the Ukrainian border.

Putin appears determined to keep up the pressure to force the Kyiv government to give the eastern industrial regions more power and to prevent Ukraine from moving too close to the European Union or NATO. But he also wants to avoid more punishing sanctions from the U.S.

and particularly from the EU, whose leaders will meet Friday in Brussels, and therefore needs to be seen as cooperating with efforts to deescalate the conflict.

The Kremlin initially dismissed the peace plan that Ukrainian President Petro Poroshenko laid out on Friday. But in a statement issued late Saturday, Putin said he welcomed the ceasefire and Poroshenko's "intention to take other concrete steps to reach a peaceful settlement."

THE ASSOCIATED PRESS

Iraq. Officials say militants have captured two border crossings

Sunni militants on Sunday captured two border crossings, one along the frontier with Jordan and the other with Syria, security and military officials said as they pressed on with their offensive in one of Iraq's most restive regions.

The fall dealt Iraq's embattled Shiite Prime Minister Nouri al-Maliki a further blow and brought the war to the doorstep of Jordan, a key ally of the US

The blitz by the Islamic State of Iraq and the Levant in Iraq's vast western desert take the al-Qaida-breakaway group closer to its dream of carving out a purist Islamic state.

Controlling the borders with Syria will also help it supply fellow fighters in Syria with weaponry looted from Iraqi warehouses, significantly reinforcing its ability to battle beleaguered Syrian government forces. THE ASSOCIATED PRESS

Orwellian conduct?

Thai police detain protester reading 1984

Police in Thailand arrested eight people Sunday for demonstrating against the nation's military junta, including a man who was dragged away by undercover officers for reading a copy of George Orwell's Nineteen Eighty-Four outside one of Bangkok's most luxurious shopping malls. The arrest was the first known case of anyone being detained for reading as a form of protest since the military seized power last month. Anti-coup protesters have staged several silent readings of the book elsewhere in the capital in recent weeks, saying its indictment of totalitarianism has become relevant since the army deposed the nation's elected government in a May 22 COUP. THE ASSOCIATED PRESS

In search of bias

Lawyers allowed to scan jurors' social media sites

Lawyers have been given the green light to scan the social media sites of jurors.

The American Bar Association says it's ethical for lawyers to scour online for publicly available musings of citizens called for jury service — and even jurors

in deliberations.

But the ABA does warn lawyers against actively "following" or "friending" jurors or otherwise invading their private Internet areas.

Jurors' online postings have disrupted many legal proceedings over the years, causing mistrials and special hearings over the effects of Facebook musings, tweets and blog writings about their trial experiences. THE ASSOCIATED PRESS



metronews.ca Monday, June 23, 2014

Ottawa urged to see unpaid internships follow laws: Report

Commons finance committee. More than 20 recommendations offered to address youth unemployment

A new report by the Commons finance committee says the federal government should take steps to ensure unpaid internships are in line with the country's labour laws.

The report, which looked at the challenges of youth employment, recommends Ottawa work with provinces and territories to protect unpaid interns under the relevant labour codes.

It also suggests the federal government examine unpaid internships to understand their effect on the job market. Estimates suggest as many as 300,000 young Canadians work as unpaid interns, but there is little hard data available because employers aren't required to report the numbers to federal authorities.

In all, the Conservativedominated committee put forward 23 recommendations to help address youth unemployment, which has climbed in recent years.

A section prepared by the NDP argued for additional, tougher measures, including changes to the federal labour code to protect interns' working conditions.

The report, released Friday, comes after months of heated debate in Canada over the merits of unpaid internships.

Many young people take part in unpaid internships in hopes of earning workplace experience or a full-time job.

Critics argue the practice amounts to a form of exploitation and limits participation to those who can afford to work for free.

It's unclear what the Harper government will do with the recommendations.

A spokesman for Labour Minister Kellie Leitch did not immediately return a request to comment on Saturday.

Meanwhile, provinces are taking their own steps to crack down on unpaid internships.

Saskatchewan and Ontario recently introduced stricter measures, while Alberta is under pressure to do the same. Unpaid internships in British Columbia are illegal unless they provide "handson" training as part of a formal educational program or specific professional training. THE CANADIAN PRESS



You bojo, it works on water!

Aaron Gould competes at the 2014 Flyboard North American Championships at Harbour Square Park in Toronto Sunday.

MARTA IWANEK/TORSTAR NEWS SERVICE

Kinda sad hour

B.C.'s happy hour laws could raise price of beer

British Columbia's new happy hour laws may actually raise prices for beer at some bars.

The province is now allowing pubs to change prices throughout the day to create drink specials, but is also enforcing a minimum price of 25 cents per ounce when serving beer.

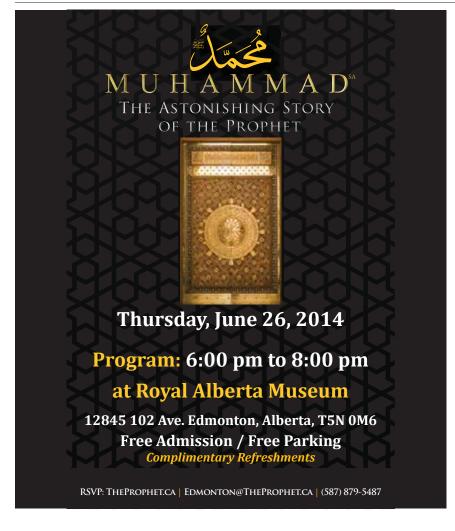
The owner of two Vancouver bars says that would raise the price of drinks at one of his establishments.

Sam Yehia said including tax, he charges \$12.50 for a 50-ounce pitcher of beer, but the province's minimum rates would make him charge more than \$14.

"It's more like a depressed hour," said Yehia. "It's a bit silly, isn't it?"

Douglas Scott of the province's liquor board wrote in an email the new minimum rates will be enforced at all times, not just for happy hours.

THE CANADIAN PRESS





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BUSINESS 15

Keep calm and carry on buying a home



Just when you thought home prices couldn't possibly go higher, they have. The housing market is officially going crazy ... again. Having just posted the best May on record, up seven per cent on average nationally since last May, real estate continues to be the best

investment ever. Of course, that's only for those who got in before the torrid price moves of the last couple of years, particularly in hot markets such as Toronto, Vancouver and Calgary.

Doomsayers around the globe have long been predicting a collapse of Canadian home prices. Just before Christmas, Deutsche Bank, a fairly sober institution, hysterically stated that home-sweet-home prices in the Great White North were

It's hot and it's cold

- Hottest real estate market: Northwest Territories, +23.7 per cent in last year
- Coldest real estate market: Yukon, -8.5 per cent in last year

overvalued by 60 per cent. Proclamations like that get everyone jumpy, but none of them more so than those who purchased recently or are in the process of doing so. Real estate anxiety is understandable since a home purchase is invariably our single largest investment.

If you are fearful of being shut out of the market or hoping to cash in on price climbs ahead, buying now is probably not a good idea. Behavioural economics tell us that the retail investor (whether purchasing real estate or stocks) tends to get

both manic and scared in the face of soaring prices. Those emotions propel us to make impetuous decisions.

Emotional investing also causes us to abandon normal due diligence. Eliminating standard conditional clauses such as a home inspection or financing can make an offer more appealing. But doing so adds considerable risk to the investment.

On the other hand, the impact of purchasing in an

inflated market is usually ameliorated by time. The longer the time frame, the less the effect on the investment, whether it is a rental or a primary residence.

We all want to buy low and sell high. But predicting future prices is a mug's game. If the investment of your life is affordable now, and after factoring in inflation and higher interest rates in the future, time will smooth out the downturns to come.

Game of Thrones.

Fantasy fans bring in real cash to Northern Ireland

Giants, dragons and vengeful queens have for generations populated Northern Ireland's folk tales. Now, such creatures are visiting the land in a different version — on the sets for the hit TV show Game of Thrones. But rather than spells and destruction, they're bringing an economic boost to this British province still healing from its past of political violence.

Fans of the HBO fantasy drama would recognize here the landscapes from the fictional land of Westeros — the castle of Winterfell, the seaside cliffs of the Iron Isles and the King's Road leading to the north. About 75 per cent of the show is filmed in Northern Ireland, both in natural settings and in the Titanic Studios in Belfast.

Since the pilot episode began filming in 2009, attracted by the local government's financial incentives, the show's presence has helped foster a film industry that is catching the eye of other Hollywood productions. And Northern Ireland is taking advantage of the attention by promoting the filming locations as tourist destinations.

The latest — and perhaps most illustrious — visitor is Queen Elizabeth II, who will tour the studio sets on Monday. But thousands have already been visiting from across the globe.

Cara and Tom Collins from Springdale, Ark., were in Ballintoy Harbour recently to see the rocky coastal setting used in the show for the Iron Isles, a kingdom of rugged sailors.

"You can just close your eyes and picture everybody there," said Tom.

The Season 4 finale of Game of Thrones earlier this month was watched by 7.09 million viewers in the United States according to primetime viewership numbers compiled by the Nielsen Co. That makes it HBO's mostwatched program since The Sopranos in 2007.

THE ASSOCIATED PRESS



Ronaldo who? Sloth takes star turn in Brazil

Tourists hold a sloth in Manaus, Brazil, on Sunday. Manaus is one of 12 cities hosting matches during the 2014 soccer World Cup. JULIO CORTEZ/THE ASSOCIATED PRESS

Documents

Job claims for N.S. wind tower plant 'unrealistic'

The Nova Scotia government was told seven months after committing \$60 million to a wind tower manufacturing plant that claims of 500 jobs to be created within three years were "unrealistic," say documents obtained by The Canadian Press.

Internal government studies also show provincial government revenues and the economic impact to households were only fractions of what was originally projected.

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WHY WE SHOULD SPY ON CYCLISTS

Bike lanes certainly seem to be a divisive topic in Edmonton. If there aren't any on a particular route, cyclists will often maintain there is enough bike traffic to justify them. If there are bike lanes, motorists will often maintain that there isn't enough bike traffic to justify them. What's a poor city to

One of the things that will make cities great in the 21st century is how well they make use of technology in meeting the needs and desires of their citizens. In this city, we will need lots of smart girls and boys to keep an eye on emerging technology and how it might be applied in the city by the river.

What is happening in New York right now is a case in point.

As reported in the Washington Post, a company called Placemeter is paying people with good views of various city



Terence Harding edmonton@metronews.ca

streets to place cameras in their windows. It is looking to create video feeds all over the city. Once up and running, the video feeds will be converted into data and then the videos will be deleted to prevent any privacy

Placemeter says that with high-resolution cameras, it can detect the gender of pedestrians with at least 75 per cent accuracy. Placemeter will be selling this data to advertising companies, stores and the like.

It will tell them how many people are likely to see a street ad or how many people of what gender are likely to pass by a potential store-

Though Placemeter is primarily about consumerism, the technology has other useful applications. Take the bike lane challenge, for example. Cameras with a view of the street would provide hard data about

how many bicycles pass by during a day.

Facts over feelings

Real data would take the emotionalism out of determining whether a bike lane is actually needed. The same would be true about determining if a pedestrian-activated signal is needed for a crosswalk or if a stop sign is actually needed at the end of your street.

That kind of real data would take the emotionalism out of determining whether a bike lane is actually needed. The same would be true about determining if a pedestrian-activated signal is needed for a crosswalk or if a stop sign is actually needed at the end of your street.

The more we use hard data in making decisions that affect the quality of our life in this city, the better.

ZOOM

He's not just an ugly face



o-year-old mutt, "smiles" after winning the World's Ugliest Dog Contest, at the Sonoma-Marin Fair Calif. George NIKITIN/THE ASSOCIATED PRESS

Bulging eyes + big heart = winner

Meet Peanut, a sweet, energetic mutt, whose wild white and brown hair, bulging eyes and protruding teeth helped him clinch the title of World's Ugliest Dog in Petaluma, Calif. over the weekend.

Although Peanut is healthy now, he was seriously burned as a puppy, resulting in bald patches all over his body.

THE ASSOCIATED PRESS

Homely champ to raise awareness

His owner, Holly Chandler of Greenville, N.C., hopes Peanut's victory will help raise awareness about animal abuse.

"We're trying to use him as a poster child for what can happen to animals who are abused," she said.

She plans to use the \$1,500 prize to pay for other animals' veterinary bills. THE ASSOCIATED PRESS

dog winning combo

- The dogs are scored by a three-judge panel in several categories, including special or unusual attributes, personality and natural ugliness.
- Past winners include a duck-footed beagle, a boxerbasset hound mix with a waddle, a Chinese crested and chihuahua mix with a protruding tongue and a chihuahua with a missing eve and a camel's back

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MetroTube

Storm chasing in South Dakota



ANDREW FIFIELD

Last week was a rough one, tornado-wise, including in our own country, with a twister touching down in Angus, Ont. that damaged several homes.

But this South Dakota storm system captured by a vehicle full of adrenalin junkies last week takes the cake. Several bright white vortices twist and dance around one another, wreaking havoc on anything in their path including a farm that gets torn to pieces around the three-minute mark. (TVNWeather/YouTube)



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High on life and in a Haze

Rap. Angel Haze sits down to discuss strippers, sexuality, polygamy and why women are better to date ... oh, and she talks about her music, too

RICHARD PECKETT

Metro World News in London

Rapper Angel Haze is making the media as excitedly fidgety as a room of schoolboys who've stumbled upon a top-shelf mag. She's dating a girl. And she's a celebrity. It's Ireland Baldwin, the daughter of Kim Basinger and Alec Baldwin, which would make the "best of girl-on-girl lovers" lists in the tabloids, if such a thing existed.

Haze — real name Raykeea Angel Wilson — is happy for the press to have a field day with it. She's in a good place right now and is keen to move on from divulging the details of a frankly dismal childhood, when she was a victim of rape at the hands of so-called family friends. The 22-year-old Detroit native says she's ready for some "fun" with her next album, due out this summer, called Troubled Child.

Unlike her well-received but weak-on-sales debut album Dirty Gold, this one won't be leaked. Haze, who is on a Mary Jane high, talks strippers, sexuality and social media.

You've been teasing the press and public with images of you and Ireland Baldwin on social media. But before we get to that, why did you make a track on your debut album Dirty Gold about a different girl ... a stripper?

Oh my god, the girl from (music track) White Lilies.



She's beautiful!

What made her so special?

She's beautiful. I was obviously wasted and I wanted to experiment and learn things. I think at the time it was interesting to meet someone and not know anything about them or the stripper life, which you hear a lot of people talking about it, but you don't really know about it until you experience it.

In terms of your own life, the lyrics from your EP and Dirty Gold seem to be quite cathar-

tic. Have you moved on from that stage in your life now?

Yeah, definitely. I didn't realize that until I was doing some interviews early this morning, and I was completely exhausted by talking about my past. I was like an 18-year-old girl who had no clue that the world was paying attention and I was just making music because it was cathartic and a release for me and none of the other stuff mattered. Obviously it doesn't mean anything to me anymore, so talking about it is like beating a dead horse.

Now all of the other stuff matters: I've decided to have fun and I'm appreciative where I've landed in my life.

Your music connects with, amongst others, troubled young children. Do you see yourself as a role model? I don't feel like a role model because that means I would

I don't feel like a role model because that means I would do everything that I knew was right and I'm like a f—k-up.

Are you more 'real' and tangible?

Yeah, definitely but lots of people would disagree. Some people would think I was a whore or something — my friend over here is like 'uh huh' (laughs). It's cooler to just be real about it — it's not a fairy-tale life.

Do you feel like you're changing rap's attitude toward sexuality?

Oh, because I'm like openly queer or whatever? I suppose so, but I don't think people get it still. ... But I think I have female privilege because no one takes it seriously when it comes down to me. They're like, 'She's bisexual.' It will take someone bigger to change rap's attitude, but not me.

Are you a clingy kind of girl when it comes to relation-

Nooo, I'm the entire opposite: I'm what people refer to as a 'thot.' I don't really do committed relationships, ever. It's insane if you find me in one. I'm usually very open ... a polygamist.

Who's better to date: girls or boys, and why?

I think girls are better than guys, but that's just me.

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Dear Luke, We Need To Talk, Darth

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This collection of humorous memos, letters and text messages imagine the off-screen interactions of our favourite movie characters, where the shark from Jaws keeps a therapy diary and the Walking Dead zombies commiserate together online. Clever logos and fonts complete the inventive gags for Don Draper's self-reflecting cocktail recipes and an exasperated court-ordered letter from Dora the Explorer's mom.

Game of Thrones

Upcoming season to be strongest yet: co-creators

Some Game of Thrones fans are wondering if the show's next season might lack a little punch. But show cocreators David Benioff and Dan Weiss tell Entertainment Weekly: "Now that we're nearly finished with the first drafts of each episode, we see no reason why the coming season shouldn't be the strongest yet." THE CANADIAN PRESS

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Rising Star aims to knock out competition

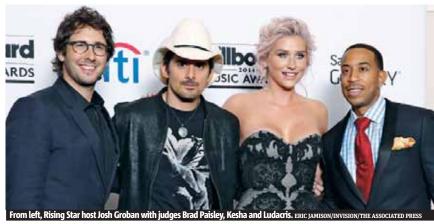
TV. Singer, now host, hopes audience interaction will be the key to show's success

Josh Groban can rhyme off a litany of persuasive reasons he decided to take on hosting duties for the new reality competition Rising Star: He's thrived dabbling in hosting before on Live with Kelly and Michael, the new show's trademark technology is "truly revolutionary," and he adores mentoring fledgling artists.

But above all else, the freshfaced traditional pop singer jokes that Rising Star simply gave him something to do in the steamy New York summer.

"I usually have just the worst summers," said a cordial Groban in a recent telephone interview. "I'm just not much of a beach guy. Summer's always the time where I'm like, Ugh, God, wearing this sweater is going to be so uncomfortable."

"I don't know, what do people do during the sum-



mer? I've always been the pale theatre geek. So having something that's going to be this fun to be a part of every week and for it to be completely live, and for me to have a chance to be weird every Sunday and work with young artists ...

"It's going to be, for me, a really fun experience."

And he's pretty confident a broad audience will share in that revelry.

With a format borrowed

from an Israeli singing show, Rising Star airs live Sundays on CTV and allows the audience at home to vote in real time, just as the starry-eyed hopefuls are performing. If 70 per cent of the audience approves of a performance, the singer will be shuffled ahead to the next round. Viewers will thus have instant gratification, rather than waiting for a separate results show.

Audience members also

have the potential to see their own faces appearing on the video wall that the competitors face as they perform, which slowly rises if viewers are voting in their favour.

With a viewing landscape that features or has featured the likes of The Voice, American Idol, The X-Factor and America's Got Talent — not to mention their various Canadian and other international spinoffs — it's tough for view-

Quoted

"They are giving me a live stage — which is a horrible mistake on their part."

Josh Groban, who will be hosting the new talent show Rising Star

ers to conjure much enthusiasm for a new reality singing show.

And Groban is acutely aware of that.

"At this point, we're saturated with singers trying to do the greatest runs, with performers trying to have the gimmickiest shtick," he said. "(Viewers) are not going to have tolerance for another one of these shows if it feels canned."

That's where the live voting technology comes into play, he said.

"The show has already become a huge smash because of this twist, and this is in parts of the world where they've had Idol and The Voice — and this is a giant-killer out there. It allows the audience to have immediate intimacy and power

with the person they're watching on TV.

"When I saw preview episodes of how it had been done in Israel for instance, I thought, 'Oh man, this reminds me of the Little Orphan Annie days when everyone would sit around the radio,'" he added.

"Not that I remember what those days are like, but I've watched A Christmas Story."

It's that wry sense of humour — so obvious to anyone who follows Groban's witty, self-deprecating Twitter account — that he hopes beams through in his hosting gig.

Indeed, he says he's committed to "keeping it quirky."

"They are giving me a live stage — which is a horrible mistake on their part," he joked.

But Groban also hopes to be a steadying presence for contestants who will bravely face feedback in real time as they sing.

They can also rely on the guidance of the panel of experts Reality Star has assembled: pop singer Kesha, rapper Ludacris and country singer Brad Paisley. THE ASSOCIATED PRESS



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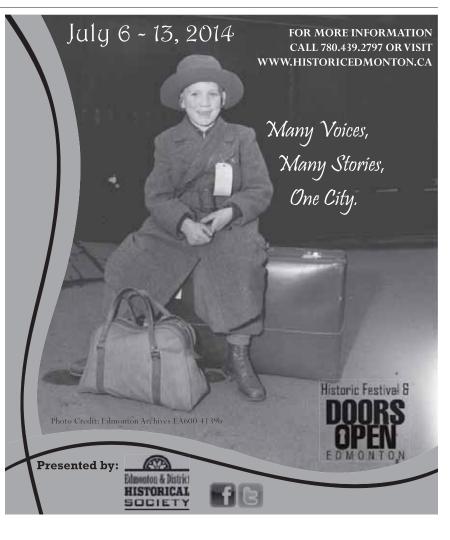
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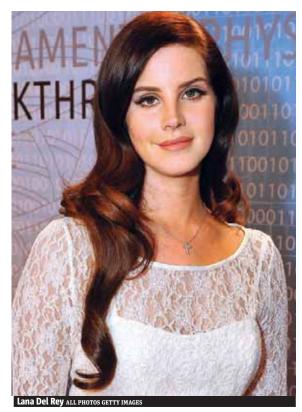
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metronews.ca
Monday, June 23, 2014



Born To Die singer angry about journo's 'leading questions' on death

Lana Del Rey apparently isn't too thrilled with the Guardian running with her "I wish I was dead already" quote and turning it into a story.

The singer took to Twitter to complain in a series of tweets that she later deleted. "I regret trusting the Guardian. I didn't want to do an interview but the journalist was persistent," she posted about her chat with Guardian music critic Alexis Petridis for an article written for the newspaper by Tom Jonze. "Alexis was masked as a fan but was hiding sinister ambitions and angles. Maybe he's actually the boring one look-

ing for something interesting to write about. His leading questions about death and persona were calculated." For the Guardian's part, Jonze responded by posting the original audio of the interview. "It's not pleasant asking a pop star if she thinks the idea of dying young herself is attractive. It's a dark question, but it's not a leading one," he writes. "She has every opportunity to say no. And she can hardly complain about the subject matter. She'd been talking about her icons all dying young (and) she named her debut album Born to Die. METRO WORLD NEWS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Find Mr. West to direct you to little North



STARGAZING Malene Arpe scene@metronews.ca

Kim Kardashian and Kanye West threw a big birthday party for their daughter North West, who turned one. Regrettably, some of the guests got lost due to the directions on the invite: "For North West go southsoutheast, then south, look for Mr. West who will guide you to little North. P.S.: If the party goes south, look for exits marked 'This way away from North West.'"

This Week in Names: 1)

Jenna Fischer's new baby's name is Harper Marie. 2) Kelly Clarkson's new baby is named River Rose. 3) The name Elsa is climbing in popularity thanks to older siblings who pester their parents to name their baby sisters after the Frozen heroine. 4) Kit Harington, who plays Jon Snow on Game of Thrones, says his parents didn't tell him that his real name is Christopher until he was 11. In other words, he knew noth... (Let it go. The season is over. Just let it go.)

Taylor Swift has reportedly dumped Selena Gomez as a friend because she's tired of hearing about her problems with Justin Bieber. Despite Taylor's best efforts, she hasn't even been able to write a song about it.



Prince William and family to travel in luxury aboard British Heirways chopper

What do you get for the birthday boy who's going to eventually rule everything — in England at least?

Queen Elizabeth II reportedly celebrated Prince William's 32nd birthday by leasing him and his young family a \$13.6-million luxury helicopter for getting around the country, according to Sky News. The craft can hold up to seven passengers in leather-seated comfort and can fly a maximum distance of 530 miles in one trip. The chopper has already been affectionately nicknamed Heirforce One, according to Sky. METRO WORLD NEWS

A Sting-ing revelation for the kids of former Police frontman

Pop icon Sting says his children won't be getting trust funds from his vast fortune, assuming there's any money left in it.

The 16-time Grammy Award winner and former frontman of The Police told The Mail on Sunday that the vast wealth would be "albatrosses" around the necks of his six children.

The singer-songwriter, who grew up in a shipbuilding community in northeast England, says he told the kids, "There won't be much money left



because we are spending it!"
Sting's wealth was estimated at about \$306 million US by
the Sunday Times Rich List.
THE ASSOCIATED PRESS



20 LIFE metronews.ca Monday, June 23, 20:

With all 'I do' respect, keep your own financial identity

Couple's money. The best route to a strong marriage is to work as a team, but keep your accounts separate



GAIL VAZ-OXLADE Gail blogs daily at gailvazoxlade.com

It's not unusual for two people who are very different in how they see and manage money to hook up before they've talked about those differences. Then instead of just being a tool, money becomes something they fight about.

I meet people all the time who want to beat me up because I advocate financial independence within couples. "C'mon, Gail, marriage means you have to be a team." "Yeah, it's about trust." "Just because you've been divorced three times doesn't mean we're all headed that way."

Y'know what? They're all right. Every one of them has a point. But nothing they've said has changed my mind. I believe with all my heart that to be strong as a couple, you each have to be capable of standing on your own two feet financially.

Planning a family?

Being on the same team means you're going to set your goals together and help each other meet those goals. If one of those goals is to have a family, then together you have to decide how you will provide care and money to take care of that family. If one of you decides to stay home, that doesn't mean the money-maker gets to make all the decisions about how the

money gets spent or abdicate home-care responsibilities. But so often, that's exactly what happens.

It also often happens that the non-working partner ties themselves completely to their mate financially. They share a bank account; there are no individual accounts. They share credit. One may even give up his or her financial identity completely. It isn't healthy. And many a divorcee or widow comes to regret it.

Being financially independent isn't a precursor to or acknowledgement of the fact that your relationship will end unhappily. To be good for each

other and strong together, you each need to be taking care of the money — individually and as a team — and you each need your own financial identity.

You must each be clear about what you need, want, and expect from your relationship

And it can't just be clear in one person's mind. You have to talk about it, negotiate the grey areas, and come to a happy place where you're each getting some of what you want.

Stay-at-home partner

For those couples who have one stay-at-home partner, it is important that person have their and savings; yes, accounts in his or her own name. Sure, you're a team, but all that teamwork doesn't do you the least bit of good if the working partner leaves the other partner with no financial identity. Don't confuse having money with having a financial identity; they are not the same thing. Besides, why should the stay-at-home partner be any less financially sound in their own right if

own bank account, credit card

for your family?

A bank account will create a record of money management. Savings will not only help you prepare for the future, it will

you've agreed on this strategy

signal the right financial behaviour. And a credit card — not a joint card or a supplemental card — will create a credit history.

Don't think that because you're both signed on the mortgage or on a line of credit together your credit histories are being built equally. That's a common misconception. Typically the credit history is reported only for the first signature on the application, so one of you may have no credit history whatsoever. Divorce or death is a tough enough thing to deal with; finding out you're a financial non-person doesn't make it any easier.

Getting back into the loop

So what if your partner has been out of the loop and now needs to get with the financial program? Having a jointly created plan on paper gives you a starting point for discussing how you're managing the money. While you want your mate to have a sense of the big picture, a detailed budget will help him or her see how all the pieces fit together. Your aim is to share your joint financial responsibilities even as you manage your personal financial identifies

Assuming responsibility for your own financial independence is scary for some people. That idea of independence makes some people want to duck and hide behind words like love and trust and honour and team. But independence doesn't negate any of those things. It enhances them because each day you're choosing to be together, not defaulting to togetherness because you're trapped.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.



Parental ties. Secure kids create better friendships

Not only do strong parentchild bonds mean that kids are more likely to be attentive to friends, they're also more assertive in the face of difficult peers, say researchers at the University of Illinois.

Researchers observed the interactions of pairs of peers in a series of three visits over a period of one month.

Those with strong bonds to

their parents reacted positively in the first meeting of their new friend and were attentive even if the other child was likely to react in anger.

Yet if the new peer partner reacted in anger, children with strong bonds to their parents lost enthusiasm for the friendship

The study was published in Developmental Psychology. AFP

No CAD skills required

3D printer for kids keeps it simple

Mission Street Manufacturing has created a playful printing machine just for kids that is part toy, part educational tool. Printeer aims to "bridge the gap between the screen and the physical world" by letting children sketch their designs out on an iPad before manufacturing them. AFP

Meeting goals. Kids with freer schedules do better

Limiting structured activities allows kids to establish interests and self-discipline, according to a new study at the University of Colorado Boulder, one of the first of its kind.

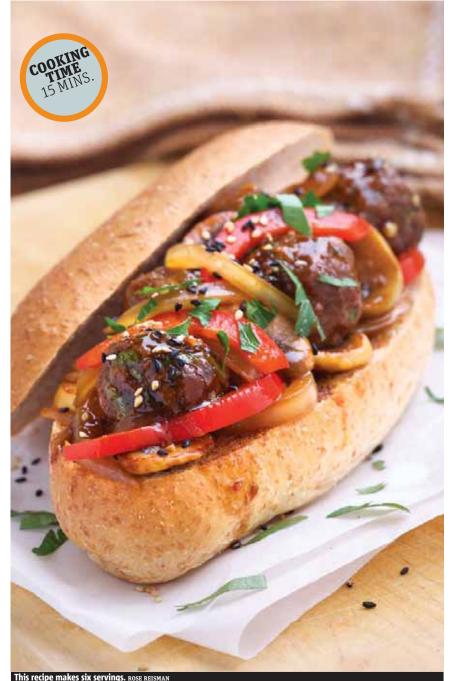
The study, published in the journal Frontiers in Psychology, says that kids who spend time reading, playing or exploring nature in the absence

of predetermined structure are more proactive than those whose parents pack their schedules with lessons and study sessions.

They are also better able to meet their own goals than those who are carted from one pre-organized activity to another outside of school and homework, say researchers.

AFP

metronews.ca UFE 2.014



Hoisin sauce makes meat sub sublime



ROSE REISMAN
For more, visit
rosereisman.com or
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How often do we drive to a sub shop and grab a variety of these tasty foot-long sandwiches? They're inexpensive, quick to buy and incredibly tasty. But if you lift up the bread you usually won't find the healthiest mix of ingredients. Preserved, nitratefilled deli meats and loads of mayonnaise or "secret" sauce on a heavy, non-nutritious roll. Not exactly a healthy choice. A regular meatball 6-inch sub has around 500 calories, 20 gm of fat and over 1,000 mg of sodium.

My hoisin meatball sub comes to the rescue with about half those numbers, making it a much healthier choice. These homemade hoisin meatballs are made with lean beef, freshly sautéed onions, mushrooms and red peppers, and are served on a whole wheat

Make ahead

Make the meatballs and stir-fry early in the day. Gently reheat the meatballs in a 300 F oven for 10 minutes, reheat the stir-fry and assemble.

Ingredient

Sauce mixture

- 1/4 cup low-sodium soy sauce • 1/4 cup hoisin sauce
- 2 tsp chopped garlic
- 2 tsp chopped ginger
- 5 tsp sesame oil
- 5 tsp rice vinegar
- Meatballs
 1 lb lean ground beef
- 1/4 cup unseasoned dry bread crumbs
- 1/4 cup chopped green onions
 3 tbsp chopped fresh cilantro
- or parsley
- 1 tsp minced ginger
- 1 tsp minced garlic
- 1 egg

Garnish

Vegetables

- 1 1/2 cups sliced onions
- 2 cups chopped mushrooms1 1/2 cups sliced red bell pepper
- Submarine buns
- Six 4-inch whole wheat submarine buns sliced in half
- 1 tsp toasted sesame seeds

bun with a tasty hoisin sauce drizzled over top. This is not only delicious, but will save you those excess calories, fat and sodium.

Serve this for lunch or a casual dinner with a side salad.

Directions

- **1.** Combine the soy sauce and hoisin sauce, garlic, ginger, sesame oil and vinegar. Set aside.
- 2. Combine the beef, bread crumbs, onions, cilantro, 2 tbsp of the hoisin sauce, ginger, garlic and egg until well combined. Make into small 1-inch balls (about 36). Brush with some of the remaining hoisin sauce. Bake at 400 F for 12 minutes or just until cooked.
- **3.** Sauté the onions in a nonstick skillet sprayed with vegetable oil until tender. Add the mushrooms and sauté until soft; add the bell peppers and sauté until tender. Add 3 tbsp of the sauce.
- 4. Toast the submarine buns. Divide the meatballs overtop the buns and add the sautéed vegetables. Drizzle remaining sauce mixture overtop and garnish with the sesame seeds. THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

FLASH FOOD



From your fridge to your table in 30 minutes or less

Bright berries and baby kale take a citrus splash

Kale, Spinach, Raspberry and Goat Cheese Salad. To make ahead, prepare salad early in the day, dress just before serving

The combination of kale and spinach in a salad gives you a powerhouse of nutrients. They are both high in iron and fibre. Kale wins in vitamin C with just one cup having close to 85 per cent

of your daily requirements. They're both excellent greens to have in your diet. The fresh raspberries, crunchy almonds and creamy goat cheese make the perfect combination along with the citrus cider vinaigrette. This makes a perfect side salad or serve as a main with some grilled chicken or fish.

Directions

1. To make the salad: Place the spinach, kale, onions, raspberries and goat cheese in a large serving bowl.

Ingredient:

hele2

- 4 cups baby spinach
- 4 cups baby kale
- 1/2 cup thinly sliced red onion
- 1 cup fresh raspberries
- 1/3 cup chopped almonds1/2 cup crumbled goat

Dressing

- 1 1/2 tbsp cider vinegar
- 1 tbsp olive oil
- 1 tbsp apple or orange juice concentrate
- 1 tsp (5 mL) brown sugar
- 1/2 tsp (2.5 mL) chopped garlic
- 1/2 tsp (2.5 mL) Dijon mustard

2. To make the dressing: Whisk together the cider vinegar, olive oil, juice concentrate, brown sugar, garlic

and mustard in a small bowl. Pour the dressing over the salad and toss. Top with the chopped nuts. ROSE REISMAN



metronews.ca Monday, June 23, 2014

Learning as long as you're living may be the best course of action

Class is in session ... again. Startup founder takes 30 classes in 30 days to encourage perpetual education

LAKSHMI GANDHI Metro World New

Over 1.5 million college students graduated this year, packing away their books and embarking on their life adventure in the real world.

A recent study by the Jenkins Group reveals that nearly half of the class of 2014 will never read a book again. Chad Lovell wants to change that. Lovell is the cofounder of AllClasses.com, a search engine that lists available classes all over the world. Lovell is currently taking 30 classes in 30 days in order to encourage lifelong learning. We recently caught up with Lovell as he was heading home from a busy afternoon at class.

How was class today? What did you end up taking?

I took a class on day trading stocks and trading options. I've done a little



trading on my own, so I was a little skeptical going in (about whether I would learn much). But we were talking about stuff we can do and all of the different options. I'm learning new

stuff all of the time. Every class I go to, I tell people what I'm doing and they say, 'That's awesome.'

How did you pick the classes you would take

over the course of the month?

I wanted it to be something that benefits me and that would add value to my business. Half of the classes are concentrated on professional development. I'm also taking classes for my personal benefit. I started power lifting and working on core strength last year, and I'm taking a pole fitness class, which is interesting because I'm often

the only guy there.

How did you to come up with the idea for the 30 in 30 Learning Challenge? I've always been an intel-

I've always been an intellectually inclined person. The world around us is accelerating, and it's changing faster and faster. If you don't invest in yourself, you are going to be left behind.

What have you learned

The human race

"The world around us is accelerating, and it's changing faster and faster. If you don't invest in yourself, you are going to be left behind."

Chad Lovell Co-founder of AllClasses.com

personally while doing the

Learning is invigorating. It is a bit exhausting running a company and taking all of these classes at the same time, but I am trying to show people that it is possible and that it's important to invest in yourself.

Your company AllClasses lists all sorts of courses and learning opportunities. What are the topics people seem to be interested in the most?

It's all across the board. We have 3,000 different topics that people search for. Coding classes and programs like Javascript are popular. Our users are also really interested in marketing classes.

What's the best reason to take a class?

No one likes to be boring. ... It makes you more interesting. I'm taking a CPR certification class too, and that could potentially

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Life lessons of the rich and famous

Said the stars. The best career advice from 2014's celebrity commencement speeches

LAKSHMI GANDHI

As graduation season winds down, we thought we'd share the best pieces of career advice we've heard from recent speeches given by celebrities. Here, in no particular order, are some of the highlights.

Shonda Rhimes

The creator of hit shows Scandal and Grey's Anatomy urged Dartmouth grads to focus on doing rather than dreaming:

So, Lesson One, I guess is: Ditch the dream and be a doer, not a dreamer. Maybe you know exactly what it is you dream of being, or maybe you're paralyzed because you have no idea what your passion is. The truth is, it doesn't matter. You don't have to know.

You just have to keep moving forward. You just have to keep doing something, seizing the next opportunity, staying open to trying something new. It doesn't have to fit your vision of the perfect job or the perfect life. Perfect is boring, and dreams are not real. Just ... do.

So you think, 'I wish I could travel.' Great. Sell your crappy car, buy a ticket to Bangkok, and go. Right now. I'm serious.

You want to be a writer? A writer is someone who writes



every day, so start writing. You don't have a job? Get one. Any job. Don't sit at home waiting for the magical opportunity.

Barbara Walters

While receiving a lifetime achievement award from the Fred Friendly First Amendment Award committee at Quinnipiac University, the recently-retired Barbara Walters shared these tips for living a fulfilling life. While this isn't from a commencement speech, we loved this advice so much we had to include it:

- 1) There has to be something you have to do, most important something you want to do.
- 2) You have to have someone to love, and to love you, not necessarily a family. Sometimes it's just friends. I don't have a big family. I have one child. I would be lost without my friends.
- 3) You have to have spirituality of some sort. I don't mean that it has to be religion. It can be ethics. It can be a philosophy.





4) You have to have strength of purpose in mind.

Tory Burch

The fashion designer focused on the lessons she learned from building her company in her address at Babson Col-

Being an entrepreneur isn't just a job title, and it isn't just about starting a company. It's a state an idea that makes your heart of mind.

It's about seeing connections others can't, seizing opportunities others won't and forging new directions that others haven't. It's about being entrepreneurial wherever you are and in whatever you do.

It's about having the courage to give in to passion for race. If it doesn't scare you, you're probably not dreaming big enough.

Mindy Kaling Addressing Harvard Law School grads on their Class Day, the sitcom star's jokefilled speech turned serious for a moment. According to motherjones.com, Kaling urged graduates to "be the kind of people (who) give advice to celebrities, not the other way around." She continued: "You are entering a profession where no matter how bad the crime, or the criminal, you have to defend the alleged perpetrator. That's incredible to me.







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Visit nait.ca/bootcamp for more information. Enlist today.

Put the 'reward' back in reward program

Research loyalty programs to optimize your points

Who doesn't love getting what you want - when you get it faster? Finding the right loyalty program — one that gets you the rewards you want — can be complicated, especially when credit cards are factored in.

Whether you are looking for a new card or just curious to see how your current credit card stacks up, it can be difficult and time consuming to get an apples-to-apples comparison of what is available from various providers and how well they might work for you. While selecting a program still requires you to do a little research, a free, online tool is here to help. Compareloyaltyprograms.ca enables Canadians to assess which loyalty programs and affiliated credit cards might get them to their desired reward fastest.

"It's all about the reward. Take a step back and consider what you're looking for - whether it's cash back, merchandise or flights — and then research which programs and cards could get you there faster," say Susan Misner and Laura Mc-Donald, founders of Golden Girl Finance, a site offering financial education in a modern, engaging way to encourage everyone to play a more active role in their finances.

"Where you live, your shopping habits and spending patterns mean that there isn't one program that fits all, so a tool





like Compareloyaltyprograms.ca really offers a new perspective.'

REWARDS ARE A PERK BEST SERVED FAST

Flights, merchandise or cash equivalent rewards: it doesn't matter what type of reward you're working towards, you likely want it faster, according to a new poll by Environics Research Group. Results show that earning rewards faster (42 per cent) and having more opportunities to earn loyalty points (40 per cent) are priorities for Canadians in their loyalty

Even with speed being top of mind, comparing programs based on time to reward has been difficult to do before now.

"The Environics research has shown that credit cards can play an important part in earning rewards faster: doubledipping, or using a loyalty program card and paying with an affiliated credit card, offers the fastest time to reward," say Misner and McDonald. "And don't forget: a program that gets you to your rewards faster is one that will keep you happy."

CONFUSION CAN MEAN MISSED REWARDS

Navigating the loyalty program landscape in Canada can be challenging with so many programs and opinions to sort through. According to the Environics poll, the majority of consumers who participate in loyalty programs believe that they can be confusing (almost six in 10 Canadians). Of those, three-quarters (76 per cent) say they are less likely to use a loyalty program if they are confused by how it works — meaning many of us are

LOYALTY PROGRAM TIPS

IF YOU CHOOSE TO USE YOUR CREDIT CARD TO PAY FOR YOUR PURCHASES AND EARN LOYALTY PROGRAM POINTS, A FEW TIPS CAN HELP YOU **MAXIMIZE THAT SPENDING** AND GET YOU TO YOUR **REWARD FASTER:**

USE COMPARELOYALTYPRO-GRAMS.CA: It can help you research reward programs and affiliated credit card options to get you to your reward sooner.

USE CREDIT CARDS RESPONSIBLY: Spend responsibly and be sure to read the fine print on any credit card you shortlist if you are not paying off the balance every month or if the annual fee is high, you are not going to be rewarding yourself.

RESEARCH YOUR OPTIONS AND UNDERSTAND WHAT YOU'RE SIGN-

ING UP FOR: Do your own research — do not assume others' opinions about certain cards or programs are 'right' for you.

DOUBLE-DIP: You will maximize earnings by using your credit card with the corresponding loyalty program where possible – that means shopping at program-affiliated stores and paying with the affiliated credit card. Earning rewards points this way adds up faster than you might think.

FOCUS ON YOUR FAVOURITES:

Focus your spending on one or two loyalty programs — targeting your earning on just one or two programs will ensure you reap the most rewards, whether it's flights, cash back or merchandise.

simply missing out on rewards.

Sources of confusion include not knowing how to redeem points or miles for a reward (39 per cent), not knowing which program is best for them personally (37 per cent) and not knowing how or where to earn reward points or miles (24 per

With a tool such as Compareloyaltyprograms.ca on your side, you have a unique, level comparison of the top loyalty programs and affiliated credit cards in Canada.

Answer a few simple questions based on your preferences, location and personal spending habits and up to three loyalty programs will be suggested as possible matches for you.

From there, it's up to you to select the right program for you.

Commissioned by COLLOQUY, a LoyaltyOne Research Group, Environics Research Group developed a methodology and online comparison tool that allows consumers to determine which rewards programs get them to the rewards they want as quickly as possible, based on their individual shopping patterns, program features and attributes. COLLOQUY has also provided financial compensation to Golden Girl Finance for promotion of the research and online tool.

metronews.ca Monday, June 23, 2014 **SPORTS**

NHL schedule

Oilers to open with battle of Alberta

The Toronto Maple Leafs and Montreal Canadiens will once again kick off the NHL season.

The league released its official schedule Sunday, and the Original Six rivals will face off at Air Canada Centre in the earliest of the four games scheduled for opening night on Oct. 8.

The next night, Oct. 9, Calgary hosts the rival Edmonton Oilers.

THE CANADIAN PRESS

Women's Open

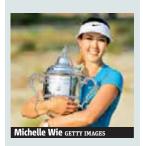
Michelle Wie wins first major

Michelle Wie bounced back from a late mistake at Pinehurst No. 2 to bury a 25-foot birdie putt on the 17th hole. That sent the 24-year-old from Hawaii to her first major championship Sunday in the U.S. Women's Open.

She closed with an evenpar 70 for a two-shot victory over Stacy Lewis, the No. 1 player in women's golf who made Wie work for it by making eight birdies in a round of 66.

Sixteen-year-old Brooke Henderson of Smiths Falls, Ont., shot a 69 in the final round to finish in a tie for 10th place.

THE ASSOCIATED PRESS





Steady, dependable Ekblad ready for NHL

Countdown to the draft. 2-way blue-liner pegged as No. 1 pick

Aaron Ekblad may be the most mature 18-year-old hockey player on the planet.

"Not only does he have a 30-year-old's physique under his equipment, but he also thinks and acts like a 10-year NHL vet," said Dan Stewart, scouting director for the independent scouting service Future Considerations.

Ekblad, a two-way, rightshooting defenceman, knows what he wants to be - not only in this week's NHL draft, but as a pro. He'd love to go No. 1 and continue to mould himself in the images of Shea Weber, Alex Pietrangelo and Duncan Keith.

More than anything, though, the Barrie Colts captain wants to be considered reliable on and off the ice.

"I don't do too many things that are going to surprise anyone," Ekblad said at last month's scouting combine. "I'm going to be the kind of player that you know what you're going to get from

Steady and dependable

Future NHL great?

"I wouldn't say I'm cocky, but I'm confident and I believe that if I work hard and I do all the little things and pay attention to details. I can be in that league next year."

NHL prospect Aaron Ekblad

doesn't put butts in seats, but Ekblad isn't touting himself as a flashy kind of player. Instead, and more importantly, he has the potential

to develop into a franchise cornerstone.

Because of that, the Belle River, Ont., native is the front-runner to be the top pick Friday night in Philadelphia, whether the Florida Panthers choose to keep it or trade it. Buffalo Sabres general manager Tim Murray said last week he expected Ekblad to go No. 1 regardless.

If that happens, Ekblad would be the first defenceman to be selected with the top pick since Erik Johnson in 2006, and the first Canadianborn blue-liner in that spot since Chris Phillips in 1996.

THE CANADIAN PRESS

Jays flying low after getting hosed on road

limping home from their long, losing road trip.

The struggling AL East leaders lost infielder Brett Lawrie and right-fielder Jose Bautista with injuries and fell to the Cincinnati Reds 4-3 Sunday.

Toronto was 3-7 on its visit to Baltimore, Yankee Stadium and Cincinnati.

Lawrie, twice hit in the left hand by pitches earlier in the week, sustained a broken right index finger when he was hit by a pitch from Johnny Cueto in the second inning.

The Toronto Blue Jays went The team didn't immediately announce how long he would

> "It's definitely tough," said Lawrie, who said he expects to be placed on the disabled list. "We're big pieces of the puzzle, especially (Bautista). It's tough on the team to not have all its bullets. We just have to keep on grinding.

Bautista left because of tightness in his left hamstring, manager John Gibbon said. The All-Star outfielder had a single and a sacrifice bunt before leaving.

Cueto pitched eight effective innings and Todd Frazier broke a 2-all tie in the fifth with a two-run homer off R.A. Dickey (6-6).

Toronto has lost five of six, and has dropped five straight

Cueto (7-5) gave up three runs — one earned — and leads the NL with a 1.86 ERA. He gave up seven hits and struck out eight.

Edwin Encarnacion led off the Toronto eighth with his 24th home run.

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metr⊕ **SPORTS**

Scan the image with the Metro News app for additional photos from Sunday's games



um's Eden Hazard, left, is challenged by Russia's Dmitry Kombarov during their Group H World Cup soccer match in Rio de Janeiro, Brazil, Sunday.

Hard-pressed, but Belgium advances

Another late win.

Rookie Divock Oriai saves the day in the 88th minute.

Twice now, Belgium has relied on a late revival boosted by stamina and its bench to turn desperate situations around at the World Cup. On Sunday, it was teenager Divock Origi who turned a listless Belgian performance into a late 1-0

win over Russia, enough to qualify for the next round.

Belgium barely contained a reinvigorated Russia for most of the match, yet struck with a blistering late spurt of class and opportunism to turn a bad situation into a wild, fist-pumping celebration for coach Marc Wilmots and his team in the 88th minute.

"Why were we good in last 10 minutes? Simple — the others were tired," said Wilmots. "The Russians were so tired they looked at their feet,

and it offered us chances to

After its dour 1-1 draw with South Korea, Russia produced the kind of sparkle and dominance that had been more expected from Belgium in front of 73,819 increasingly restless fans at Maracana stadium.

With Belgian King Philippe looking on, substitute Kevin Mirallas hit a free kick against the post in the 84th minute, setting off the amazing turnaround. At first it appeared as if late flashes from Eden Hazard would only camouflage a dismal performance.

But then the playmaker made a move into the area on the left and spotted Origi free in the centre. A pinpoint pass from Hazard and a cool right-foot finishing from the 19-year-old Origi gave Belgium the victory.

"Nobody could have thought this possible," said "Nobody Origi, who was only called into the squad because No. 1 striker Ĉhristian Benteke injured his Achilles in April. Most of Belgium barely knew of the talented young player developing quickly for Lille in the French league.

Belgium didn't play with any real authority for most of the game on a bright, sunny afternoon in Rio, confounding predictions that it should be one of the teams to watch at the World Cup.
Instead, it was Russia that

applied most pressure in the second half and was let down by its blunt finishing touch. That helped give Belgian goalkeeper Thibaut Courtois his 100th professional clean sheet at age 22. THE ASSOCIATED PRESS

In injury time. Portugal gets a lifeline, denies U.S. spot in second round

Varela headed in an equalizer in injury time to salvage a 2-2 draw for Portugal against the United States at the World Cup on Sunday and deny the Americans a spot in the second round.

Cristiano Ronaldo swung in a cross from the right and Varela thumped a header into the net to keep Portugal alive in the tournament.

Clint Dempsey had given the U.S. the lead when he used his stomach to direct the ball into the net from a cross by Graham Zusi in the 81st minute.

Jermaine Jones equalized for the Americans earlier in the second half, after Nani gave Portugal an early lead.

A win would have put the U.S. into the second round,



but it can still advance with at least a draw against Germany in the next game. THE ASSOCIATED PRESS

Against South Korea. Algeria claims first World Cup victory since 1982

First-half strikes by Islam Slimani and Rafik Halliche helped Algeria to beat South Korea 4-2 on Sunday and become the first African team to score four goals in a World Cup match.

Algeria led 3-0 at halftime, but withstood a stronger South Korean second half performance to claim its first World Cup win since 1982 and move into second place in Group H with one match left to play.

Defeat for South Korea means it must now beat already-qualified Belgium to stand a chance of progressing to the knockout stages. BelAt halftime, 3-0

"The first period was almost perfect."

Algeria's coach Vahid Halilhodzic

gium leads with six points, Algeria now has three, while Russia and the South Koreans have one apiece.

"Our defence wasn't as good as it should have been," South Korea coach Hong Myung-bo said. "We will now do our best to the very end of the competition. That's the only option we have left."

THE ASSOCIATED PRESS

Germany versus Ghana

FIFA told neo-Nazi invaded the pitch

FIFA will be advised on Monday that a neo-Nazi sympathizer invaded the pitch during the Germany-Ghana

The fans' anti-discrimination network, Fare, says it is preparing a report on Saturday's incident, when a shirtless fan interrupted play.

Slogans written on his chest and back included "HH", signifying Heil Hitler, and "SS," referring to the Nazi paramilitary unit. Fare executive director Piara



man off the pitch in Fortaleza, Bra zil. Saturday, THE ASSOCIATED PRESS

Powar tells The Associated Press "there would be no other explanation for it." THE ASSOCIATED PRESS



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BY KELLY ANN BUCHANAN

T Aries

March 21 - April 20

This will be one of those weeks when, if you sit back and relax, spend quality time with friends and just generally let things happen, life will be perfect in every possible way.

Taurus

April 21 - May 21

Friends and relatives will do what you ask if you ask nicely. Also, if there is something you know they desire and you are in a position to get it for them then go for it.

II Gemini May 22 - June 21

This is potentially one of the best days of the year for you as Venus moves into your birth sign. Good things will come at you from all directions, which may be overwhelming.

9 Cancer

June 22 - July 23

No matter how bad your current situation might appear to be, don't make an issue of it. Something positive is about to happen in your life but to make the most of it you must be positive too.

$\mathbf{\Omega}$ Leo

July 24 - Aug. 23

Friendships are under excellent stars today, so if you are bored with your home life or your work seek out people who make you feel glad to be alive.

W Virgo Aug. 24 - Sept. 23

Venus, planet of harmony, crosses the career angle of your chart today, so you should find it a whole lot easier to get your way with people in positions of power. By the end of the day they will be eating out of your hand.

MAX: 22

△ Libra

Sept. 24 - Oct. 23

You will be in an adventurous mood and that's good because the planets suggest if you go where you have never been before you will meet someone who lights up your life.

M Scorpio

Oct. 24 - Nov. 22

You may be a bit touchy where money and possessions are concerned but the planets indicate you have precious little to worry about, so lighten up and believe that it will all come right in the end.

プ Sagittarius Nov. 23 - Dec. 21

Everyone seems to be singing your praises but your number one priority should be helping someone else feel special. A loved one is feeling a bit neglected, so go out of your way to spend time with them.

り Capricorn Dec. 22 - Jan. 20

Try not to make too much of a fuss if someone with whom you live, work or do business makes a mess of what they do today. Make allowances and make sure, if it's important, you do it yourself next time.

Jan. 21 - Feb. 19

Venus, planet of harmony, moves into the most creative area of your chart today, so it's unlikely you will want to be too serious about, well, just about anything.

H Pisces

Feb. 20 - March 20

You may not agree with what a friend or family member is going to do but they have made up their mind about it so you might as well give them your support. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Modern day witchcraft

6. "I shall never see lovely as..." - Joyce

___ Kilmer

11. Guys

water 14. 15. Greek holiday

island 16. Chopper

17. Muskokas locale of the Bethune Memorial House National Historic Site

of Canada 19. __-d'Or, QC 20. Not all

21. Li'l political title 22. Beatles: "

24. __-dieu (Praying furniture piece)

26. Edmonton: The Live Improvised Soap Opera

29. Toronto attraction, Ontario

Centre 32. "More after!", texting-style

33. Wear away 34. __ Ness Monster

36. Recipe meas. 40. Paul McCartney's Was Lonely"

41. "Nope." 42. Type of healing

technique

... ___ miracle!" 44. Split 45. ^

45. Actor Alan 46. Actress Teri

48. Kate Middleton's

50. Loonie's competition: acr. + wd.

54. Josh Groban's "You Raise ___": 2 wds. 55. Russian pancake 56. Dawn goddess

40

43

66

69

58. Actress Ms.

61. Deplete 62. Vintage bathroom

Thompson

66. Toronto summer hrs. 67. Ancient myth's

feature: 2 wds.

62

67

70

blood 68. Tea type 69.Napoleonic†Wars

marshal 70. Turkish city

71.Tambourine, e.g.

Down

AB: 2 wds.

2. Small obi accessory 3. Edmonton nickname, 'The City of __' 4. Kind of horsedrawn transport at Remington Carriage Museum in Cardston,

1. Mannequin manes

42

45

68

5. Consumed

8. Ex-Bruin Bobby

...her initials-sharers 10. Fletcher Christian's uprising

6. Tooth complaint 7. Hammer

9. Carmela's portrayer

on "The Sopranos"

11. Singer Ms. Staples

12. Glorify

13. Ms. Furtado

18. Itsy-bitsy bit of

a min. 23. Toronto-born

actor grandfather (b.1883-d.1950) of actress Anjelica: 2 wds.

25. Bellybutton type

27. Scratched

28. Ordinal suffix

29. Quasi 30. 'Pluto' suffix (Rich

ruler) 31. Alberta village,

The Friendly Community'

35. Paddle 37. Cycling routes: 2 wds.

38. Water __ (Summertime gear)

39. Brooches

42. Track event 44. Li'l old MTV show

47. Singer Ms. Keys , are you 49. "___, ___, are you ready?" (Er, like, hurry

up!) 50. Kelly Clarkson's

"Since _ _ Gone" 51. England's "Run Runaway" band

52. Simple song

53. Took trophy back 57. Canadian cellist

Ms. Harnoy

59. Couple

60. "Two guys walk into_

63. Math fractions acronym

64. '80s group

65. Sash

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1	4	8	3	2	6	5	7	1
7	6	3	5	9	8	2	4	1
2	9	5	1	7	4	3	8	6
4	3	2	7	6	1	8	9	-
9	1	6	8	5	3	4	2	7
5	8	7	9	4	2	6	1	2
6	5	1	4	8	9	7	3	2
3	7	4	2	1	5	9	6	8
8	2	9	6	3	7	1	5	4

	3		4	5				
	1		7				2	3
		4	8			7		
						2	6	1
3				6				7
2	7	6						
		9			5	1		
8	5				7		4	
				4	9		5	

TODAY

THESDAY

WEDNESDAY

MAX: 26°

MAX: 27



MICHELE MCDOUGALL BI BREAKFAST TELEVISION WEATHER SPECIALIST My favourite part is reporting the weather. It nates me, and as we know around here

ir toes". WEEKDAYS 5:30 AM



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CLEAROUT:

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CLEAROUT:

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